

In the Realm of the Feminine

FAIRYLIKE FROCKS For the

Valentine Day Festivities



Pink and white, red and white, yellow and white, and green and white, all the colors of spring, are the tints suitable for the Valentine day party. Daintiness, lightness and charm are characteristics especially appropriate for costumes for Valentine festivities. Fortunately the fashions of the moment favor the designer in the creation of the most fairylike costumes. Tulle over satin, lace over chiffon and net over satin are some of the smart fabric combinations. These are adorned with garlands or nosegays of satin or velvet flowers or gleam with jeweled or beaded embroideries.

One delightful frock for a Valentine dance illustrated is of brocade and



GIRLISH GOWNS FOR THE VALENTINE DANCE

mother for her debutante daughter. It is of petrole blue taffeta with vandyke pointed flounces finishing the graceful little tunic. Such a gown would be impossible on an older woman, but it is very effective for a pretty girl of slender figure.

The frilled tunic is popular. It is carried out in another style on the dancing gown of cell blue taffeta and lace which is also illustrated. The lace is used on the upper part of the bodice, which is crossed by a garland of pink roses.

Huge silk flowers, such as dahlias, peonies, chrysanthemums and orchids, are worn with many of the white evening frocks. The flowers are brilliantly colored. Knotted at the girdle or nestled in the folds of a white lace bodice they give just the needed note of color.

A new fad in Paris at the present time is jeweled flowers. The petals of these are rimmed with rhinestones, and the leaves are veined with silver.

They are in pastel shades and of colors such as one may fancy in fairy flowers. Pale green roses sparkling with rhinestone dewdrops and with leaves glittering with silver frost are among these conventionalized blossoms. They belong to the school of art that has given us futurist gowns.

Dancing the tango is of course the diversion which the younger set nowadays takes to most kindly. For its distinctive note, of course, the Valentine party depends on its decorations and favors. Pink roses combined with white or contrasted against the feathery foliage of asparagus or the pale green of smilax are the simplest for the rooms in which there is to be dancing.

The hostess who wishes to do her own decorating can have bowls of spring flowers scattered through the rooms. Crocuses are especially appropriate, for they are considered sacred to St. Valentine. Narcissuses, Jonquils and violets are also available and are

equally effective for decorative purposes.

The dining table offers a wide scope for artistic decoration, and of chief importance is the centerpiece.

From red bristol board the hostess can cut a large heart and around the edge arrange a row of red birthday candles. These should be lighted just before the guests are seated. They will burn for a long time. She may also fashion the heart from red carnations or roses, using the candles for a border.

An effective decoration for the tablecloth is a festoon of strands of small hearts looped up with a large heart. To make the hearts buy sheets of red glazed paper and fold over in the manner used to fold a paper of pins. On the top layer draw a heart the required size. Use this as a guide and cut through the layers of paper with a pair of sharp scissors, allowing a strip of paper to connect the hearts. Attach the hearts to a strand of red

baby ribbon with mucilage. From the same paper cut the large hearts and pin them to the tablecloth.

The window and door draperies can be decorated by using bands of the small red hearts to border them.

For lighting the dining table she may use crystal candelabra and fit them with shades appropriate for the occasion. Plain white shades may be bought at the shops where shades are sold and can be decorated at home. Using red water color paint, border the top and bottom of the shade with a band one-half inch in width. From the red paper cut hearts to fit each side of the shade and join them together with narrow red ribbon drawn through eyelets made in the hearts.

For a Valentine Luncheon

A NICE menu for a Valentine day luncheon is as follows:

Grapefruit With Candy Hearts.
Radishes. Salted Nuts.
Sweetbread Patties.
Heart Shaped Potato Balls.
Nut and Grape Salad.
Heart Shaped Cakes.
Ice Cream. Coffee.
Bonbons With Love Mottos.

The grapefruit should be cut in half crosswise. Cut out all the white membrane that separates the lobes. Dust with granulated sugar. Set to cool. Just before serving saw over the top of each plate a half dozen red candy hearts.

Set on the table in small dishes both the radishes and the salted nuts.

Serve patties in regular patty shells with heart shaped rim on plates. The heart shaped biscuit can be made by cutting with a heart shaped tin cutter.

Serve the salad over a heart shaped lettuce leaf, holding the salad to the shape of the leaf. The salad looks pretty served inside a rim of bits of chopped beets, laid in heart design on the lettuce. The heart shaped cakes are baked with red rims, and each cake is pierced with a tiny gilded arrow.

BAKED FISH WITH DRESSING

Take rock cod or other fish weighing two or three pounds, clean, rinse and dry. Rub fish outside and in with salt and pepper and fill with the following dressing: A large handful of fine bread crumbs, one-quarter of a teaspoonful of salt and the same quantity of sage, if liked; a pinch of pepper and one onion chopped fine. Moisten with milk and a tablespoonful of melted butter. Bind the fish with a piece of string and put into a pan with a piece of butter the size of a walnut. Lay on the fish three or four slices of salt pork, over which pour two tablespoonfuls of tomato ketchup and two of hot water. Bake one hour, basting frequently.

SKIRTS WORN SHORTER

SKIRTS are worn shorter in Paris than in America. They are developed in all materials. Many strictly tailored skirts are cut in one piece, the seam being either in the back or front and fitted with a long dart over each hip. Plaid skirts are made on the bias with the seam in the back. Some show tunics of the predominant color.

Effective New Drapery Ornaments

THE use of buckles, bows and embroidered motifs for catching up the manifold draperies of the season's gowns is a fetching style novelty. It is illustrated to advantage in this advertisement.



SPRING SUIT

vance model for spring. Silk and lansdowne are combined in the creation of this model. The short cutaway coat has a very jaunty effect. The gown was designed for wear at one of the fashionable southern resorts where one gets a glimpse of the fashions that are to be in vogue in the spring.

THE FASHION IN GEMS

WHILE considerable latitude exists in the matter of jewels for evening wear, one should bear in mind that fashion is rather strict regarding their daytime use. Diamonds are taboo for day wear, excepting the oblong diamond solitaire ring—and this, of course, in the afternoon, when a flexible bracelet having a single row of square cut diamonds or diamonds and sapphires alternated may also be worn. The sapphire is by far the most fashionable day stone.

Earrings, which are returning to their own as the coiffure becomes elevated, should be of a modest type—preferably pearl studs.

FRESH FRUITS, THEIR DIVISION FOR USE BY HOUSEWIFE IN THE KITCHEN

[By Latest Mail]

WASHINGTON, D. C.—Fresh fruits are divided into two classes, "flavor fruits" and "food fruits," according as they are valued for their flavor or as a food, according to the office of nutrition investigations for the United States department of agriculture. Those that are 80 per cent or more water fall under the first classification (apples, pears, peaches, and most of our common fruits), while those containing less fall under the latter (bananas, grapes and figs). The food value of a pound of dried fruit is, of course, much greater than that of a pound of fresh fruit. A pound of the latter will yield an average of about six ounces dried, but the amount of water in the original fruit is no guide to the food value of the dried product.

The main change which takes place during drying is the loss of water, but other changes also occur. Very often the right degree of heat produces changes not unlike those which occur during natural ripening on the plant. In some cases the crude fiber which forms the basis of the plant structure is reduced in amount or softened. Much of the starch is changed to some form of sugar. The proportion in flavor is due partly to the proportionate increase of sugar from loss of water and to absolute increase from chemical changes.

To determine which of two fruits is more economical, not must the cost per pound be known, but the amount of bodily fuel that makes for energy and protein (muscle-building material), a pound of each would supply. One must also consider what expense is required to prepare each for the table. Grapes commonly cost less a pound than raisins, but a given sum spent for grapes will buy a smaller amount of nutritive material, since the proportion of water is much higher than in the raisins.

On the other hand, low-priced fresh fruit is sometimes as economical as somewhat cheaper dried fruit, since the latter would require sugar and fuel to make it ready for the table.

Attention should also be directed to the extent of inedible material. Numerous studies made of nutritive values by the office of experiment sta-

tions have shown that dried fruits may be termed an economical article of diet. Fruit products in general contain little protein, but as sources of energy, derived almost entirely from their sugar, dried fruits are decidedly cheaper than meats and compare favorably with dairy products. They are, however, more expensive than cereals and starchy vegetables, such as dried beans and potatoes.

Under no circumstances should fresh and dried fruits be thought a luxury, since they supply the needed nutritive material as an integral part of the diet, besides adding to the attractiveness of the daily fare. If they are to be eaten raw, brands made and marketed in a cleanly way should be obtained.

The amount of dried fruit produced in the United States increased 575 per cent between 1899 and 1909. California produces more than four-fifths of the yearly output. According to a very rough estimate, each person in this country consumes on an average five or six pounds of dried fruit a year.

The value of the product rose from between four and five millions to over twenty-one millions in 10 years. The average wholesale price, however, has not advanced with the increased demand; on the contrary, it has dropped from about 5 1/2 cents to about 4 1/2 cents per pound.

Dried fruits are especially useful when the supply of fresh fruits is limited or where storage space for fresh fruits is lacking. Besides being used alone, they may be mixed into cakes, puddings, confectionery, and other dishes. They afford a nutritious and economical way of securing a variety of diet, which is often overlooked by the housewife.

Headache dulls the faculties, converts the most even-tempered of persons into an irritable fault-finder. How easily it can be banished, simply by taking "Shac." There's no economy in suffering the agony of headaches when a few pennies will buy this sure relief. Insist on "Shac."—advertisement.

William H. Sutton (fraternal editor of the Brooklyn Eagle, has drawn 3,640 weekly pay envelopes. He started on the Eagle 20 years ago as "copy boy."

RECIPES TRIED AND FOUND VERY SUCCESSFUL BY WOMEN OF HONOLULU

[Recipes recommended by Mrs. A. Gartenberg, Waikiki]

SUNSHINE CAKE

One glass of flour, one glass granulated sugar, five eggs, one teaspoon cream tartar sifted five times. Beat yolks of eggs until thick; beat up the whites until stiff. Put yolks in the whites, then the sugar, one tablespoon flouring and at last fold in the flour very lightly. Do not stir too much; put in pan, but do not grease pan. Bake in a slow oven about one hour. Turn the pan upside down, rest edges of pan on something so that the air can circulate under the cake. In a little while the cake will come out easily.

GERMAN WAFERS (Cornucopias).

Four eggs can make two dozen large cornucopias.

Required: two eggs beaten very thick, one-half cup sugar stirred into the eggs; one-half cup flour.

Flavor with vanilla. Grease a baking pan, put in the mixture in small spoonfuls not too closely together as it will run. Bake in moderate oven. When ready, take out and quickly roll up funnel shape. If it gets dry before all is rolled, put back in the oven a second and it will be soft again. If placed in a tin box will keep. Delicious.

PEACH OR APPLE CAKE

One pint flour, one heaping teaspoon baking powder, one-half teaspoon salt, two tablespoons sugar, two heaping tablespoons butter, one egg, one cup milk. Beat up the egg, add the milk and then the rest of the ingredients. It must be a thick batter; if necessary add more milk. Bake in flat pan or muffin tins; cut up apples or peaches small, and add a little brown sugar and melted butter on top.

CHOCOLATE CAKE

Three eggs, one cup sugar, small one-half cup chocolate, three-fourths cup almonds chopped up fine, one cup flour, one teaspoonful baking powder, little spice.

Beat up the eggs, add the sugar, chocolate, almonds, spices and lastly the flour.

CHICKEN PAPRIKA (3 to 6 persons)

Brown onion and butter and then

one teaspoon of paprika. Then brown chicken on both sides and add 1 soup ladle of stock and place on the back of the stove 3/4 of an hour to simmer. Then strain gravy and add 1 cup of cream.

SALMON CROQUETTES

Chop the salmon, a little parsley, 1 egg, 1 tablespoonful of flour, little milk, pepper, salt. Roll in egg and bread crumbs and fry in fat or butter.

OYSTERS IN TOMATO

Take a cup of strained tomatoes, 1/2 cup of catsup, a little chopped celery, some chopped green peppers, and let boil 1 hour in double boiler. Then add a pint of California oysters and serve on toast.

LOBSTER A LA NEWBURG

For 3 pounds of lobster.

2 slices butter rubbed together with 1/2 cup of flour, a dash of paprika, white pepper, salt, a little nutmeg, a pint of cream and lastly the yolks of 2 eggs and about 2 tablespoons of dry sherry. Cook in double boiler.

ALL MADE OF HANDKERCHIEFS

There are so many things that can be made from the inexpensive bordered handkerchief that one might very appropriately apply the adjective "versatile" to the useful bit of linen.

For instance, there is the small laundry bag or large handkerchief bag (whichever one wishes to call it) that can be made from two of the handkerchiefs in about 15 minutes. Place the two handkerchiefs together and stand them on end, as it were, so that they will have the appearance of being diamond shaped instead of square. Then proceed to sew them together on the machine. The machine stitching will make them stronger than hand sewing could possibly do. Stitch them about an inch in from the edge, so as to leave two little flaps as an ornamental edge. The two lower slanting sides of the diamond are sewed together along their full length. The two upper slanting sides of the diamond are sewed only halfway, the upper flap

being points of the handkerchiefs, which are without stitching, are then turned back and creased and pressed along the turning to make them stay in place. Two pieces of ribbon are then tacked to each end of the opening thus made by the turned-back flaps. The two ends of ribbon are then joined in a bow, forming a hanger for the bag. The ribbon should match the color of the borders on the handkerchiefs.

Bordered handkerchiefs make very pretty sailor collars for wearing outside of the coat or even on the thin white shirtwaist. Simply cut a place for the neck in one side of the handkerchief, face or bind the raw edge thus made, and the collar is complete. The front of the collar may be sloped off into points or may be left square at the ends just as the neck is cut out. Blue-bordered handkerchiefs are particularly pretty when used in this fashion. Cuffs can also be made for

the purpose. These should be made in points and can be made by clipping a corner for either one from the handkerchief.

Then the bordered handkerchiefs make the dearest little aprons imaginable. Turn one on end again, so that it will be diamond shaped, clip off one corner. Turn the straight edge thus made on the corner of a handkerchief down to form a hem, which is at the same time the band, put ribbon strings on the ends of the band, stitch the clipped-off point to the side of the apron for a pocket, and you have as pretty a little trifle as you could wish.

Have you a pink, blue, green, yellow, or any other color room? Then you must have one of those pretty handkerchief bureau scarfs to match. These handkerchiefs must be the small, women's handkerchiefs. Take four and join them together with lace insertion. Put a row of the insertion about the entire edge after the handkerchiefs are joined together, and then whip on to this insertion a lace edge to match. White handkerchiefs, of course, be used as well as colored ones. If one wishes to further carry

the solving of the question as to whether the Japanese women of Honolulu should give up the costume of their native country and adopt the garb of their Occidental sisters, is one which is causing considerable comment both in the Nipponese community and outside. The agitation was commenced by the Hawaii Shinto, of which S. Sheba is editor and, according to several letters which he has lately received from prominent men and women of nationalities other than Japanese, shows that the consensus of the opinion of the Occidentals is that the Japanese women should continue to wear the kimono.

A prominent local society woman, whose name is withheld, has written the following letter to the Shinto on the matter:

"I am very much interested in the article in the Star-Bulletin of Saturday evening, January 31, in regard to the dress of the Japanese women in this territory. I wish to enter my protest against the women of your country adopting the dress of the women of my country. The Japanese dress is eminently fitted to the needs of your country women and besides, is, to me, the most artistic and beautiful in the world. Ours is not suited to our needs, is constantly changing, very extravagant and at present is vulgar

out the color scheme, a bedspread may be made of large, men's handkerchiefs of the same color, joined together by insertion. Pillow shams can be made by using four handkerchiefs for each sham, joined together by insertion.

The smaller handkerchiefs make pretty little pin cushions. Place buttonholes eyelets an inch or so in length about the inside of the borders on each of the two handkerchiefs. Place a square pin cushion between the two handkerchiefs and proceed to lace them together with a ribbon of a color to match the border. A small bow of the ribbon, which ribbon should be about an inch in width, is placed in one corner of the cushion.

Bordered handkerchiefs make nice covers for either the business girl or the little schoolgirl. One handkerchief will make two sleeves. The raw edge, which is hemmed neatly, is used to go about the wrist. The half of the handkerchief is then folded in two, so that the hemmed edge is at

the bottom. A seam is run up the handkerchief so that the sleeve is the right size for the arm. This leaves a little ornamental point at the top, which can be worn under the arm for further protection to the dress sleeve or left on the top merely for decoration.

As a physician and admirer of the beautiful, and unique, wherever found, I would unqualifiedly say 'no' to any change whatever in the costume of the Japanese women. I believe the present mode of dress must have been the outcome of years of study and thought on the part of the Japanese people—a people second to none in art and adaptability of means to a suitable end. To change their dress to the European style would be an admission of inferiority as compared to the Occidental costume, and this is in no sense true, either as adapted to their style of beauty or from the standpoint of attractiveness or hygiene. As regards the latter, the Japanese women's dress is incomparably superior."

Commenting on the same question, a local physician writes:

"I saw in the Star-Bulletin of Saturday evening this heading, 'Occidental or Oriental costume for the Japanese women; which shall it be?' and that the opinion of others than Japanese was desired.

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